[For information pertaining to Iraqi recipes and food preparation see 70: Rowland, M1 Middle East, category 116, pp. 135-174.]

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(4) Mangel-wurzel should succeed in Kurdistan.

(5) Wild beets, known as Silaijah or Silaigah.

Boswellia Carterii Bird. (Burseraceae)

کندر

Kundur (Teh.); Seta Kundura (Hind.); frankincense or olibanum. Field 199.

[314] There are several kinds of this fragrant oleo-gum-resin found in commerce. Kundura zakara, "male frankincense," is in reddish or deep yellow, circular tears; Kundura unsa, "female frankincense," is in yellowish white, translucent or pale tears; Kisher Kundur or Dhupa of the bazaars occurs in scaly pieces of the bark coated with the exudation.—Olibanum is used chiefly as incense; it is an ingredient in plasters; a dose of half a misqal (35 grains) is said to improve the memory (H.F.).

Brassica campestris L. var. **Napus** Bab. (Cruciferae)

تخم شلغم

Tukhm-i-shalgham (Teh.); Sarsun (Hind.); rape or colza seed. Field 54 (Iraq); W.H.M.M. 150856.

• [252] [373] This is an important crop in India and elsewhere, cultivated chiefly for its seed. Rape seeds are small, brownish or reddish brown, 2 mm. in diameter, smooth. They yield by expression a bland oil used as an emollient and in cooking and lighting.

Brassica (Sinapis) **nigra** (L.) Koch, and **B. alba** Rabenh. (Cruciferae)

خردل

Khardal.

[263] Mustard, now a widespread weed, is of Eurasian origin. The powdered seeds are an important condiment, used in curries, and medicinally in the preparation of poultices and plasters. Mustard is taken internally as an emetic in cases of narcotic poisoning (G.).

Butea frondosa Roxb. (Leguminosae)

برگ هند ایران

Barg-i-hind īrān, Parakeh-i-hindī (Teh.); Palaspapado (Duk.); Palas Keby (Hind.); seeds of bastard teak or Bengal kino tree. Field 181; W.H.M.M. 150818.

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in more northern countries. The fruit is composed of fine, slender, angular carpels twisted like corkscrews, which together form a cone 3.5 to 5 cm. long. The carpels are pubescent and greenish brown, and each one contains a single row of dark brown, angular seeds.

The drug has demulcent and slightly astringent properties, and is employed as a medicine for dysentery and for griping of bowels and flatulence in children.

Heracleum persicum Desf. (Umbelliferae)

گل سپر

Gul-i-sipar (Teh.); Gul-i-parr (Isf.); Goleper (Kerm.); Giafari (Schl.); the fruits.

Schl.; Post; Boiss. 2: 1044.

Field 434; W.H.M.M. 150779; K.B. 320.

This species of cow parsnip is indigenous to the moist valleys of the Elburz Mountains, and is related to *H. pubescens* M.B., of a wider range. Boissier refers the plant Goulpere to *H. lasiopetalum*. The fruits, which are sold as a spice and used in pickles, are ovate-oblong, villous on the back, the margin aculeate, the dorsal vittae thick and clavate, reaching to two-thirds the length of the mericarp. While some of these plants are used medicinally and for food, other species in America and Europe are poisonous and produce erysipelatous inflammation (Cormerin, "Des Plantes Vénéneuses," 1887).

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Hibiscus cannabinus L. (Malvaceae)

حل جل

Jiljil (Iraq); Hab-el-zalim (Ar.); Palsan (Hind.); Ambari (Duk.); the seeds.

Field 61 (Iraq).

The Deccan hemp plant is grown in western India and the tropics. The seeds are dull grayish brown, triangular or kidney-shaped, 5 by 3 mm. They contain an oil useful for culinary and lubricating purposes. The seeds are used in medicine and as cattle food.

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—*H. Trionum* L., Qunnab, called Jiljil near Basra, yields a bast fiber resembling that of the Deccan (H.F.).

Holarrhena antidysenterica Wall. (Apocynaceae)

میوه زبان کنجشک

Mīvah-i-zabān-i-gunjishk, Tukhm-zabān-i-gunjishk-i-talkh, "the seeds of the bitter sparrow's tongue" (Pers.); Lizan ul asafir (Achundow); Indrajaou (Hind.); Estrefanthus; the seeds.